

# Daily Pool Schedule

## Sundays

9:45-10:15	Family Lessons
10:25-11:10	Shallow Water Fitness
11:15-12:45	4-Lane Lap Swim
12:45-1:30	Hydro-Fit
1:30-2:30	Public Swim
2:30-4:30	Swim & Dive Lessons
4:30-5:30	Family Swim
5:30-6:30	4-Lane Lap Swim
6:30-8:00	Adult Water Polo Scrimmage*

## Mondays

5:45-7:00	Early Morning Lap Swim*
10:30-11	Lessons
11:10-11:55	Shallow Water Fitness
12:00-1:15	Adult & Senior Swim
1:30-2:30	3-Lane Lap/Public Swim
2:30-4:00	Swim Lessons
5:30-7:30	Swim & Synchro Lessons
7:30-8:30	3-Lane Lap/Personal Lessons
8:30-9:30	Masters Workout

## Tuesdays

5:45-7:00	Early Morning Lap Swim*
10:30-12	Swim Lessons
11:10-11:55	Aqua Jogging
12:00-1:15	Adult & Senior Swim
1:30-2:30	3-Lane Lap/Public Swim
2:30-4:00	Swim Lessons
5:30-7:30	Swim & Dive Lessons
7:30-8:30	Public Swim/Personal Lessons
8:30-9:15	Hydro-Fit/2-Lane Lap Swim

## Wednesdays

5:45-7:00	Early Morning Lap Swim*
11:10-11:55	Shallow Water Fitness
12:00-1:15	Adult & Senior Swim
1:30-2:30	up to 3-Lane Lap/Public Swim
2:30-3:30	Swim Lessons (starting 11/1)
5:00-6:30	Swim & Water Polo Lessons
6:30-7:30	Public Swim/Personal Lessons
7:30-8:30	3-Lane Lap/Personal Lessons
8:30-9:30	Masters Workout

## Thursdays

5:45-7:00	Early Morning Lap Swim*
10:00-12	Lessons
10:30-11:30	Pool Playland
11:10-11:55	Aqua Jogging
12:00-1:15	Adult & Senior Swim
1:30-2:30	3-Lane Lap/Public Swim
2:30-3:00	Swim Lessons
5:30-7:30	Swim Lessons
7:30-8:30	3-Lane Lap/Personal Lessons
8:30-9:15	Hydro-Fit/2-Lane Lap Swim

## Fridays

5:45-7:00	Early Morning Lap Swim*
11:10-11:55	Shallow Water Fitness
12:00-1:15	Adult & Senior Swim
1:30-2:30	3-Lane Lap/Public Swim
5:30-6:30	5-Lane Lap/Personal Lessons
6:30-7:30	Swim Lessons
7:30-8:30	Public Swim/Teen Night

## Saturdays

7:30-9:00	5-Lane Lap Swim
9:10-9:55	Shallow Water Fitness
10:00-12:30	Swim Lessons
12:30-1:30	Public Swim
2:00-9:00	Rentals

# Fees & Charges

## **Recreation Swims**

Infant (under 1 year)	free
Youth (1-17 yrs)	\$3.75
Adult (18-64 yrs)	\$5.50
Senior (65 yrs and over)	\$3.75
Special Population	\$3.75

## **Fitness Swims**

Masters Workout	\$6.00
Shallow Water Fitness	\$6.00
Hydro-Fit/Aqua Jogging	\$6.00
Water Polo Scrimmage	\$12.00
Senior Fitness Pricing	\$4.00

Use of spa and shower is included with regular recreation and fitness swimming fees.

Spa and shower not available during swim lessons. Shower not available during EMLS.

## **Discount Swimming For All**

### **10-Swim Recreation Pass**

Adult	\$50.00
Youth/Sp. Pop/Senior	\$33.50

### **10-Swim Fitness Pass**

Adult	\$55.00
Youth/Sp. Pop/Senior	\$35.00

### **30-Day FAST Pass**

Adult	\$60.00
Youth/Sp. Pop/Senior	\$45.00

(unlimited use of all recreation and fitness programs)

### **Scholarship**

Income based, apply with cashier.

Showers	\$5.50
Towel Rental	\$0.50
Locker Rental	\$0.25

\*Exact change, check, or advance purchase of Quick Card required

# Events!

## New Lesson Times!!

*Attention, Attention!!*

We are excited to announce that we have added new lesson times to our fall session of lessons!

Adult and Youth lessons are available.  
Please call 206-684-4094 to register.

## Pumpkin Craziness

**Sunday, November 4th, 1:30-2:30pm**  
Pumpkins? In the pool? Why not! Find out what you can do with a pool filled with pumpkins. Children younger than 6 years of age or under 48" in height must be directly supervised in the water by an adult who is within a distance of an arm's length at all times.



## Lifeguard Training Course

*Winter Break, 2018*

This lifeguard class puts you on pace on having a job, Summer 2018. Successful completion certifies you in Red Cross Lifeguard Training and CPR! Please contact the pool for more information.

*Dates and times to be announced*

## Closures for Fall

Monday, Nov 12th—Veteran's Day Observed

Thursday, Nov 22nd—Thanksgiving

Friday, Nov 23rd—Thanksgiving

Sunday, Dec 24th—Christmas Eve, Close at 2:30pm

Monday, Dec 25th—Christmas Day

Sunday, Dec 31st—New Year's Eve, Close at 2:30pm

Monday, Jan 1st—New Year's Day

## Pool Parties

Pool and lobby available

**Visit us online at**

[www.seattle.gov/parks/aquatics/ballardp.htm](http://www.seattle.gov/parks/aquatics/ballardp.htm)

## **Merchandise For Sale**

Goggles \$7-\$12  
Shampoo \$7.50  
Conditioner \$7.50  
Swim Caps \$4-\$8  
Nose Clips \$3.50  
Ear Plugs \$3.50  
Swim Diapers \$1.50

# Ballard Pool



## **Swim Schedule Fall 2018**

1471 NW 67th ST  
SEATTLE, WA 98117  
(206) 684-4094



**Seattle  
Parks & Recreation**

healthy people healthy environment strong communities